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2015 SILVERADO 1500 4X4 1WT

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 24 month lease for 2015 Chevrolet (Silverado 1500 Double Cab 4x4 1WT+G80+B30/Silverado 1500 Crew Cab 4x4 1WT+G80+B30). Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of $1,850 and/or $0 security deposit is required. Total obligation is $8,849/$9,407. Option to purchase at lease end is $21,631/$24,183. Excess wear and tear and km charges not included. Other lease options available. ♦$4,500/$3,500 is a manufacturer to dealer delivery credit (tax exclusive) for 2015 Chevrolet Silverado 1500 Double Cab/2015 Chevrolet Silverado 1500 Crew Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. ▼/♦/*** Freight & PDI ($1,695/$1,695), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ♣Based on Vincentric 2014 Model Level Analysis of full-size pickups in the Canadian retail market. ♠The Chevrolet Silverado HD received the lowest number of problems per 100 vehicles among large heavy-duty pickups in the proprietary J.D. Power U.S. 2014 Initial Quality Study.™ Study based on responses from 86,118 new-vehicles owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed February-May 2014. Your experience may vary. Visit jdpower.com. ±MyLink functionality varies by model. Full functionality requires compatible Bluetooth® and smartphone, and USB connectivity for some devices. Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available on select vehicle models and in select markets. Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement (including software terms). OnStar acts as a link to existing emergency service providers. After the trial period (if applicable), an active OnStar service plan is required. ◊Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). Δ2015 Silverado 1500 with available 5.3L EcoTec3 V8 engine equipped with a 6-speed automatic transmission has a fuel-consumption rating of 12.7 L/100 km combined (4x2) and 13.0 L/100 km combined (4x4). Fuel-consumption ratings based on GM testing in accordance with the new 2015 model-year Government of Canada approved test methods. Refer to vehicles.nrcan.gc.ca for details. Your actual fuel-consumption may vary. Comparison based on wardsauto.com 2014 Large Pickup segment and latest competitive information available. Competitive fuel-consumption ratings based on 2014 Natural Resources Canada's Fuel Consumption Guide. Excludes other GM vehicles. ††2015 Silverado 1500 Double Cab 2LZ 4x4, MSRP with freight, PDI & levies: $51,139. Dealers are free to set individual prices. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details. **1** Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickup models delivered in Canada from March 3, 2015 – March 31, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $500 credit available on Chevrolet: Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS), Buick Encore and Verano; $750 credit available on other Chevrolet, Buick and GMC vehicles (except Chevrolet: Colorado ZSA, Camaro Z28, Malibu LS, Silverado Light Duty and Heavy Duty, GMC: Canyon ZSA, Sierra Light Duty and Heavy Duty); $1,000 credit available on Cadillac vehicles (except 2015 Cadillac Escalade) and $1,000 on all Chevrolet Silverado's and GMC Sierra's. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. **2** $10,000 is a combined total credit consisting of a $4,500 manufacturer to dealer delivery credit (tax exclusive) for 2015 Silverado Light Duty Double Cab, $1,000 Owner Cash (tax inclusive), a $2,420 manufacturer to dealer Option Package Discount Credit (tax exclusive) for 2015 Chevrolet Silverado Light Duty (1500) Double Cab 1LT equipped with a True North Edition and a $2,080 manufacturer to dealer cash credit (tax exclusive) on Silverado Light Duty (1500) Double Cab LS Chrome Edition, LT and LTZ, which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $2,080 credit which will result in higher effective interest rates. Discounts vary by model. **3** 0% leasing for 36 months available on 2015 Silverado 1500 Double and Crew Cab 1WT on approved credit to qualified retail customers by GM Financial. Down payment, trade and/or security deposit may be required. Example based on a purchase price of $29,030 (including $700 lease credit, $4,500 manufacturer to dealer delivery credit, a $1,000 manufacturer to dealer Option Package Discount Credit and a $885 Owner Cash) for a Silverado 1500 Double Cab 4X4 1WT. Bi-weekly payment is $149 for 36 months at 0.0% APR, on approved credit to qualified retail customers by GM Financial. Annual kilometer limit of 20,000 km, $0.16 per excess kilometer. $450 down payment is required. Payment may vary depending on down payment trade. Total obligation is $11,622, plus applicable taxes. Option to purchase at lease end is $17,432. Price and total obligation exclude license, insurance, registration, taxes, dealer fees and optional equipment. Other lease options are available. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. **4** Offer available to qualified retail customers in Canada for vehicles from March 3, 2015 – March 31, 2015. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 48 months on all new or demonstrator 2015 Silverado 1500 Double and Crew Cab 1WT. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $40,000 at 0% APR, the monthly payment is $833.33 for 48 months. Cost of borrowing is $0, total obligation is $40,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

OTTAWA metro®

NEWS WORTH SHARING.

It's raining burgers

Should the Sens worry? PAGE 4

METROTALKS

Conversations with Canadian leaders

Thomas Mulcair speaks out

JUSTIN TRUDEAU

"Trudeau's priority is Justin Trudeau."

STEPHEN HARPER ON ISLAM

"It's beneath contempt."

OUR CITIES

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PLUS:

- Mulcair beards Harper • Mulcair's wife: he's shy
- Chantal Hebert on NDP's urban plan, **pages 6, 7, 11**

NHL GMs pay tribute to Murray

Hockey. Senators executive honoured for long career and fight against cancer

Bryan Murray

THE ASSOCIATED PRESS

Bryan Murray can look around the room at the NHL's general managers meeting and see more than a half-dozen colleagues he hired, worked with or coached. Nephew Tim Murray, David Poile, Chuck Fletcher, Ken Holland, Jim Nill, Peter Chiarelli and Steve Yzerman all have connections to Murray's extensive career.

On Monday night the group honoured the Ottawa Senators GM for his courage in his public battle with Stage 4 colon cancer and for his lifetime in hockey. For the first time, general managers will honour someone currently in the position.

"We honour people too often past their prime," said Tim Murray, GM of the Buffalo Sabres. "I don't see anything wrong with guys that have been in this league as long as him — Glen Sather, David Poile — they should be honoured in their prime."

Poile and Murray worked together in Washington and remain close friends. Murray said Poile was the one who called him to make sure it was OK to recognize him at a dinner that's usually reserved for retired executives.

"I think that any time you're recognized by your peer group, it is an honour and it's a nice thing to have happen," Murray said.

The 72-year-old has continued to work through chemotherapy this season. He'll wait until the end of the season to decide whether to return next year. **THE CANADIAN PRESS**

*Limited time purchase financing offer provided through Toyota Financial Services on approved credit on new retail sales of qualifying models. Representative finance example for a 2015 Corolla CE (manual) / 2015 RAV4 FWD LE based upon $15,995 / $24,365 financed at 0.99% APR equals $451.12 / $687.18 per month for 36 months. Cost of borrowing is $245.32 / $373.48, for a total obligation of $16,240.32 / $24,738.48. Taxes, Freight & PDI of $1,520 / $1,690, Air Conditioning Charge of $100 (where applicable), license, insurance, registration and applicable duties, levies and fees are extra. Dealer may sell for less. Time limited offer at participating dealer. Offer subject to change/cancellation without notice. See your participating Toyota dealer. **Make no payments for 90 days when you purchase finance a new unregistered 2015 Toyota vehicle through Toyota Financial Services Canada. Offer applies on approved credit to retail customers who purchase and take delivery by March 31, 2015. The first monthly payment will be deferred for 60 days (until the 90th day of the contract) and finance contracts will be extended accordingly. Interest charges will not accrue during the first 60 days of the contract. After 60 days, interest starts to accrue and the purchaser will repay principal and interest over the term of the contract.

NEWS 1

Sorority-scare confusion

Anonymous emails. Panic 'snowballed' after rape messages frighten students at two universities, but OPS ease concerns

HALEY RITCHIE
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Students at Ottawa's two universities were left wondering Monday how a series of cryptic Facebook messages got turned into a campus-wide rape scare for sorority members.

"Anonymous emails have been sent out saying a male is going to be trying to rape sorority girls tonight," said a message posted to a private Carleton University Facebook group Sunday night.

The warning quickly spread over social media after being picked up by the campus newspaper. The rumour had started a week before and swirled around the "Greek" community, which includes fraternities and sororities. A member of Zi Delta Theta, the sorority that originally received the messages, said the group took down its website and cancelled a ceremony. She also said community members were changing Facebook privacy settings and taking down photos. The student asked that her name be withheld.

It turns out the messages didn't mention any kind of threat or anything sexual.

According to a different student close to the events, the messages were sent to only one girl in the sorority. The messages were not threats but seemed strange, and she wanted to report the sender so he could get help for possible mental-health issues.

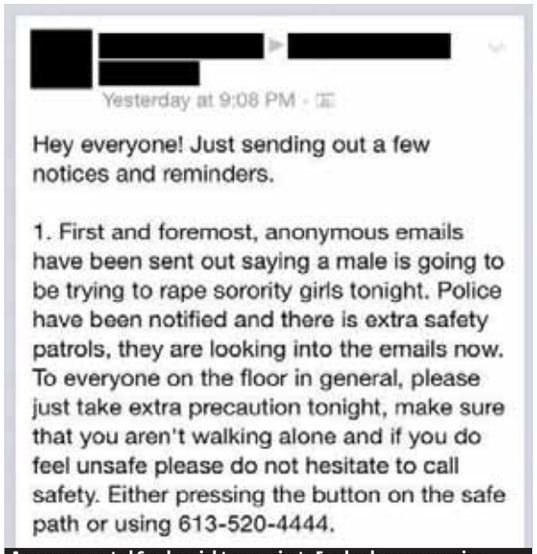
"It just snowballed like a game of (broken) telephone," said the other student. "When you think of cryptic threatening messages being sent to a group of girls, I think one of the first things a lot of people think about is sexual assault or harassment. I think that's why."

The student who originally posted on Facebook about the rape threat said she posted the warning believing it was true.

"I wanted to warn my students, in case it was real, just as a precaution. I didn't want anything to happen to them," she said.

Const. Marc Soucy said Ottawa police are investigating and could not comment.

"The OPS is aware of the situation, have identified the sender of the original message and are not pursuing the investigation further. No charges will be laid," said Carleton media officer Chris Cline in an emailed statement.


[redacted]
Yesterday at 9:08 PM
Hey everyone! Just sending out a few notices and reminders.
1. First and foremost, anonymous emails have been sent out saying a male is going to be trying to rape sorority girls tonight. Police have been notified and there is extra safety patrols, they are looking into the emails now. To everyone on the floor in general, please just take extra precaution tonight, make sure that you aren't walking alone and if you do feel unsafe please do not hesitate to call safety. Either pressing the button on the safe path or using 613-520-4444.

A message posted Sunday night on a private Facebook group warning Carleton students about the alleged threat. FACEBOOK

Carmigo is a car buyer's best friend

Carmigo co-founder Michael O'Connor shows off his rare Ferrari 599 GTO, one of only 600 made in the world. TREVOR GREENWAY/METRO

TREVOR GREENWAY
trevor.greenway@metronews.ca

The Ottawa man behind one of Canada's top websites for evaluating cars — canadianblackbook.com — now wants to change the way we buy cars.

It's called Carmigo and it's threatening the old ways of car shopping — the haggling that goes on in dealerships, the so-called "invoice pricing" and the sometimes illogical price discrepancies that car buyers see from dealership to dealership.

"The days of the shady car salesman are pretty much over," said Carmigo co-founder Michael O'Connor. The website, carmigo.com, is already live.

You don't need to spend too much time with O'Connor to know he's a car guy. One peek into his garage would make any car buff fawn over his beautiful rare Ferrari 599 GTO — one of only 600 in the world. He also has a Porsche and, yup, those were bought with money he earned as one of the co-founders of canadianblackbook.com.

"We are trying to improve the shopping experience for car buyers," said O'Connor. "Right now, you have to talk to as many dealers as possible to get the best deal. That can be exhausting, so we are trying to streamline the process."

The site works by getting users to build their car from the ground up — everything from make and model to features and paint colours. Once the user has their car, Carmigo will populate a list of dealers in the area.

The user will then select several dealers and begin an instant-message chat. This allows users to get a quote on a given car from several dealers, sometimes within minutes. Users can then quiz dealers on why their model is $10,000 more than the guy down the road. It turns the tables, so to speak, for both dealers and buyers.

"You're totally in control," added O'Connor, who has already sold hundreds of cars through the site. "There is no bidding war. You control every aspect of the deal."

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A piece of Ireland in ByWard Market

Time to shamrock 'n' roll!

Where Irish eyes are smiling ...

Today is St. Patrick's Day and because it's the perfect excuse to go out on a Tuesday night, legions of partiers will head down to their favourite bars in the Market.

One of the most popular Irish pubs in the city, the Heart and Crown, has been holding St. Patrick's Day events for 23 years now. General manager Marty Pineault walked us through what it takes to get ready for one of the pub's busiest days of the year.

Good cheer and ...

Lots of beer

The Heart and Crown will easily sell three or four times more beer than on a normal night. Pineault says Guinness and Alexander Keith's are usually in competition to be the most popular on tap.

PHOTO AND STORY BY
NICHOLAS HODGE/FOR METRO

Katie Edelson serves up a Guinness at the Heart and Crown, one of Ottawa's go-to St. Patrick's Day locations.

Make your own green beer

3-6

While this pub is not serving green beer, the gimmicky concoction is easy to make. Impress your friends by mixing three to six drops of food colouring per 16-ounce pint of beer. Works best with lighter-coloured beers, like lagers.

Green party

A big crowd

St. Patrick's Day is the second-most popular day of the year at the Heart and Crown, behind only Canada Day. The pub already saw a large push of customers celebrating over the weekend but expect numbers comparable to an entire weekend of normal service on Tuesday night.

A safe way home

$10

The first 50 tables served will receive $10 off their cab fare when they decide to head home. Some of the biggest taxi companies in the city are participating, including Blueline Taxi and Capital Taxi.

Music. Kelly Clarkson coming to town

Nick Jonas and Tyler Shaw are joining Grammy Award-winning singer Kelly Clarkson as she stops in Ottawa in the fall for her 2015 tour.

Clarkson will perform at the Canadian Tire Centre on Oct. 1 at 7:30 p.m. following the release of her sixth studio album, Piece By Piece.

Tickets are $29.50, $59.50 and $79.50 and go on sale to the general public on March 21 on CapitalTickets.ca, Canadian Tire stores in the Ottawa area, and other retail locations.

METRO

Miss her in Ottawa?

Clarkson is also performing in Toronto on July 25.

Kelly Clarkson GETTY IMAGES

Teachers could strike in April

Parents, take notice. Teachers at the Ottawa-Carleton District School Board might be going on strike next month if contract talks go south.

Paul Elliott, president of the Ontario Secondary School Teachers' Federation (OSSTF), announced the Ottawa public school board could be one of seven in the province that are moving closer to "a full withdrawal of services" by the end of April at the very latest.

"The clock is ticking, and our patience is wearing thin," said Elliott, according to a transcript of his speech to delegates at the OSSTF annual meeting on the weekend.

"Unless we begin to see school boards take this process seriously, unless we see positive movement at those bargaining tables and the removal of any strips those boards are pursuing, unless we see some real improvements, our members will make good on their commitment to job action."

He said members have gone six months without a contract and are waiting for "meaningful negotiations" since giving strike notice on June 3 of last year.

The other six districts on the verge of a strike are Rainbow, Thunder Bay, Durham, Peel, Halton and Waterloo.

JOE LOFARO/METRO

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578 Terry Fox Dr., Kanata
Sat. & Sun., March 21 & 22
9 a.m. to 5 p.m.
Mon. & Tue., March 23 & 24
11 a.m. to 7 p.m.
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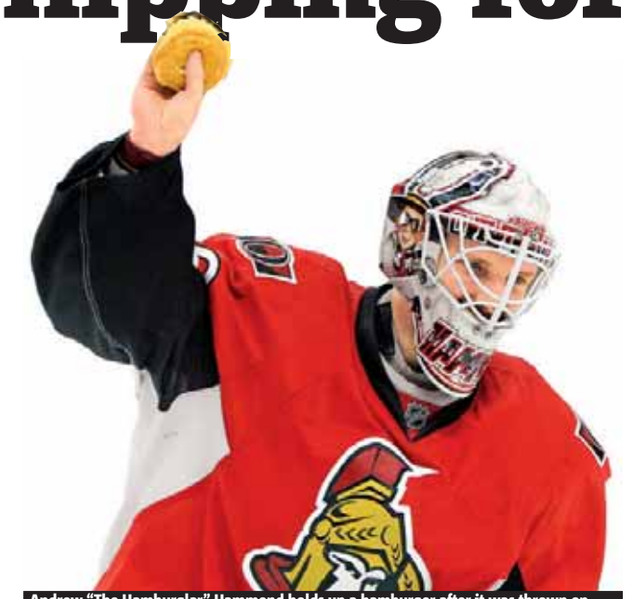
Bring a family member or friend and they'll get a gift too!
Here's an example of a recent customer payout:
These earrings were worth $59.67
This chain was worth $92.21
These two wedding bands were $158.96
The TOTAL payout was... $876.83

Fans flipping for Hamburglar

Hockey. Sens goalie may have started a tradition when he held up a burger thrown onto the ice after shootout win over Flyers

NICHOLAS HODGE
ottawa@metronews.ca



Andrew "The Hamburglar" Hammond holds up a hamburger after it was thrown on the ice following the Senators' 2-1 shootout victory over the Flyers in Ottawa on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Stealing goals and snatching up burgers, The Hamburglar struck again in the Senators' shootout win over the Philadelphia Flyers on Sunday. He might've started a messy tradition, too.

A fan threw a hamburger on the ice, and Ottawa's goalie picked it up and saluted the crowd with it.

"I just want to know how the burger landed all together and didn't make a mess," said AJ Jakubec, a sports expert at TSN 1200.

"You might see a couple more burgers fly. Hopefully it doesn't get too messy."

Andrew Hammond, affectionately known as The Hamburglar by the Sens Army, is keeping post-season dreams alive in Ottawa. The 27-year-old has now gone 10-0-1 in his first 11 starts as an NHL goalie, and thanks to this surge, the Sens are quickly closing in on the coveted wild-card playoff spot.

"It's a pretty unprecedented run, and no one could have seen it coming," Jakubec said. "The city is getting swept up in it."

Influences

Offering burger tributes may become a regular habit for Senators fans if Hammond keeps stealing goals, similar to other tossing traditions seen throughout the history of the NHL.

- **The Rat Trick.** Before the Florida Panthers' 1995-96 season home opener, forward Scott Mellanby killed a rat he found in the dressing room with a stick — with which he went on to score two goals. Tossing plastic rats on the ice quickly became a tradition for Panthers fans, and when the 1996 playoffs came along, thousands of rats would rain down after every home goal.

- **The Legend of the Octopus.** Tossing octopuses onto the ice during post-season games has been a tradition for Detroit Red Wings fans since the first one was launched in 1952. Back then, with only six teams in the league, it took eight playoff wins in total to win the Stanley Cup. Each of the octopus' tentacles represented a potential win, and Detroit never lost a playoff game that run. Octopus-throwing has been considered good luck in the city ever since.

- **Throwing in the Towel.** Fans of the Toronto Maple Leafs have been known to throw their jerseys onto the ice in frustration. Three men were charged for tossing theirs after a losing streak this season and banned from the Air Canada Centre for a year. This may be less of a punishment than an act of mercy.

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Juno winner praises NACO

Of all the orchestras in all the world, Juno winner Angela Hewitt chose ours.

Her collaboration with the NAC Orchestra, a recording of Mozart concertos, won a Juno Award on Saturday for Classical Album of the Year: Large Ensemble. According to Hewitt, she recorded with NACO because they are known for their stylish Mozart playing.

"It is not easy to find an orchestra in the world who is of the right size and calibre for playing Mozart,"she said.

Hewitt found NACO had just what she needed to get Mozart right, including excellent wind musicians that work as a team.

"For an orchestra of its size, it is one of the best there is," said Hewitt. "Unfortunately, a lot of the world doesn't know that. I hope this recording will help."

Hewitt has travelled around the globe, performing recitals as far away as Tokyo and Australia. She now splits her time living in London, Italy and here in Ottawa. She was in England when she heard the news that she and NACO had won the Juno.

"I'm especially happy for the musicians of the NACO," she said.

Angela Hewitt with the NAC Orchestra. COURTESY ANGELA HEWITT

"It's nice that the Juno brings recognition to them as well." NICHOLAS HODGE/FOR METRO

Crime

Police investigate fence vandalized with swastika

Ottawa police are investigating a possible hate crime in the west end after a wooden fence was vandalized with a swastika near Crystal Park Crescent.

Anyone with information is asked to call Crime Stoppers or the Ottawa police.

METRO

Wellness

Mental health, addiction gets $2M investment

Ottawa South MPP John Fraser announced Monday the Champlain LHIN is investing $2 million in local mental-health and addiction services, including the creation of a provincewide registry of mental-health beds.

With the new funds, the province is adding, among other things, six new residential withdrawal-management beds and expanded walk-in counselling services for aboriginal and immigrant communities who require urgent mental-health attention, according to a news release issued Monday.

"Investing in local mental-health and addictions agencies will make it easier to access services here in the Champlain region," said Fraser. "Helping people early and when they need it most will improve the lives of many residents and families living in our communities."

METRO

Michelle Walrond says she can barely afford to pay rent through her Ontario disability cheques. CONTRIBUTED

Housing-allowance increase sought

Costs. Members of ACORN are calling for a 20 per cent hike

TREVOR GREENWAY
trevor.greenway@metronews.ca

Ninety-five dollars would go a long way for Ray Noyse.

The 59-year-old Ottawa resident says he could transform his life if the province would agree to increase the housing allowance for those receiving Ontario Disability Support Program (ODSP).

Members of the Association of Community Organizations for Reform Now (ACORN) are calling for a 20 per cent hike to their housing allowance, as the current $479 isn't enough for people like Noyse to even cover rental costs.

"I simply don't ever have enough money for the things that I need and for the things that I want, I always have too little money," said Noyse, who pays $600 per month for a bachelor apartment.

Members of ACORN are staging a rally Wednesday at noon at the Nelson Mandela Monument to push the government to increase the housing allowance for people like Noyse.

Michelle Walrond, who is permanently disabled, pays $900 per month in rent. While she could find a cheaper apartment, she says living in poor living conditions would "exacerbate" her health. "Normally, those places are not well heated or overheated, they have bugs and all kinds of other stresses," she said. "That would make my health worse and we would end up paying for my health problems."

After paying rent, Walrond is left with just over $200 for food, clothing, gas, insurance and anything else she can afford. No going out, no smoking, no drinking – it's just not in the cards for her.

Nobody from the province was able to comment by press time.

Online. City's new site for parenting information

The Internet might not be the best place to find credible medical information, so Ottawa Public Health is touting its new online portal as a go-to site for "reliable" parenting information.

Parentinginottawa.com includes information and tips on everything from vaccinations to mental health.

"There is a lot of questionable information on the web," said Christa Poirier, an Ottawa Public Health nurse.

"This is a way that we can interact with parents, give them accurate information ... and direct them to resources that are recent, accurate, to-date."

Last month, Poirier said the OPH telephone line was flooded with calls from stressed parents inquiring about a possible measles outbreak in Ottawa.

A search for "immunization" on the new site gives parents a breakdown of which vaccinations are needed and at what age as well as tips on how to reduce pain during vaccination.

Parents looking for an informal one-on-one consultation for advice can also visit the Parenting in Ottawa Facebook page which launched in November.

Poirier runs the page with one other nurse at the moment on weekdays from 8 a.m. to 3 p.m.

While Poirier encourages parents to interact with each other on the Facebook page, her team will also acts as moderators to prevent people from spreading misinformation to others.

She stresses that the page, however, is not meant to be a portal for diagnosing a health-related problem.

"I can't do any diagnosing and it's very difficult to assess via Facebook.

"I have to make sure that the information I'm getting is accurate and giving is accurate and those assessments can't happen in that medium," she said.

So far, nutrition has dominated the discussions on the page with curious parents looking for ways to eat healthier.

Poirier said the parent-to-parent interactions on social media is the biggest surprise since its launch.

"A mom who comes in and says, "I have nine children and this is what I've done and it's worked every time' — that's invaluable," she said.

JOE LOFARO/METRO

Ottawa Public Health nurse Christa Poirier runs the recently launched Parenting in Ottawa Facebook page. JOE LOFARO/METRO

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ELIZABETH BEDDALL/METRO

MetroTalks Thomas Mulcair

The NDP leader takes on Trudeau, Harper and the polls

MULCAIR IN FULL FIGHT MODE

ROSEMARY WESTWOOD
Metro in Toronto

Polls be damned.

As far as Thomas Mulcair (or "Tom," as he likes to be called) is concerned, it's the pitbull versus the prime minister in the upcoming federal election.

"People want change. They say, 'When are you going to get rid of that bleep bleep Harper,'" the NDP leader said during a wide-ranging interview with Metro.

Often at ease, approachable and personable, Mulcair's trademark aggression (which won him the nicknames "Pitbull" and "Grizzly") flipped on when he spoke of the prime minister.

"Stephen Harper is my adversary. He's the one doing the damage to Canada's international reputation, he's the one who's hurting the average Canadian working family, he's the one who's damaging the environment."

Harper's recent battle against the Niqab and his assertion that it comes from an "anti-women culture" is reprehensible, Mulcair said.

"It leads to the feeling that it's OK to be Islamophobic," he added.

Harper aside, Mulcair has another fight on his hands in the headline-grabbing campaign of Liberal Leader Justin Trudeau.

Despite recent polls showing either the Conservatives or Liberals leading, Mulcair downplayed Trudeau's appeal and attacked him for a lack of leadership and his tepid support of Bill C-51.

"I'm the leader of the official Opposition," Mulcair said. "We're the only ones who have ever been able to stand up to Mr. Harper."

Besides, the NDP has "always fought for every column inch," he added.

Pundits warn that Harper could ride to yet another victory if the Liberals and NDP split the progressive vote. Mulcair said his party has been open to working with the Liberals to prevent that.

He extended the invitation in a speech one year ago, and then again in December. Both times the Liberals "slammed that door," Mulcair said.

"So my priority is getting rid of Stephen Harper. Justin Trudeau's priority is Justin Trudeau," he said. "The public will know that as they head into this election campaign."

They'll also need to know more about him.

Mulcair doesn't have Harper's longevity, Jack Layton's popularity, or Trudeau's celebrity. As he puts it, Trudeau's more Vanity Fair while he's more National Geographic.

What he does have is as much quirk as bite, cutting a grandfatherly figure in a dark suit and an orange tie dotted with tiny blue dolphins, and doodling a small flower while listening to a question.

Quick with sound bites, he's also a natural storyteller fond of historical interludes to illustrate a point (such as the NDP's role in founding public health care).

And he is, he says, principled before strategic.

"When you have convictions, you have to have the courage of those convictions, even when it's tough, even when you're being told that the polling numbers are completely against you," he said.

It remains to be seen if that will be enough to win.

‘As Toronto goes, so will go the rest of our economy’

JESSICA SMITH CROSS
Metro in Toronto

Thomas Mulcair, a Montrealer, isn’t afraid to say that Toronto is Canada’s most important city.

In an interview with Metro’s editorial board on Monday, the NDP leader spoke about his cross-Canada urban strategy that recognizes the importance of Canada’s major cities to the country and its economy — Toronto above all.

“I make no bones about the fact that Toronto is Canada’s most important city. That’s a simple statement for me to make,” said Mulcair. “It’s a simple fact. Toronto is Canada’s most important city. It’s the key driver of our economy; as Toronto goes, so will go the rest of our economy.”

He recited a litany of facts to support that: The Greater Toronto Area has more than six million people, Toronto contributes 20 per cent of Canada’s GDP, and along with Montreal and Vancouver, the country’s three biggest metropolitan areas make up just over half of Canada’s population.

Quoted

“I make no bones about the fact that Toronto is Canada’s most important city. That’s a simple statement for me to make ... It’s the key driver of our economy.” NDP Leader Thomas Mulcair

Mulcair said residents of Canada’s other cities shouldn’t take his Toronto appreciation badly, because it’s part of a larger urban plan that recognizes the importance of all of Canada’s cities.

“When we’re talking about transit, I’m not excluding Calgary, Edmonton, Vancouver or Montreal. I’m saying every city in this country deserves to have a modern transit system, which we don’t have,” he said.

To support Toronto — and the country’s other major cities — Mulcair said an NDP government would work with provincial and civic leaders to support affordable housing, devote one extra cent of the gas tax to major cities’ transit and create new child-care space.

In Toronto, that means 164,000 new GTA daycare spots over eight years; about $90 million a year for transit; and a commitment to help fund the massive social housing repair backlog.

Before coming to Metro’s newsroom, Mulcair spent a half-hour in Toronto Mayor John Tory’s office Monday afternoon discussing those issues. Afterwards, Tory praised Mulcair for being upfront about Toronto — something, he noted, other politicians have been hesitant to do.

Tory himself admitted that in his days before being mayor, when he was CFL commissioner, he’d tell people from Western Canada he’s from “North York” so as not to disclose he’s from Toronto.

In quotes. Mulcair on terrorism, the youth vote and climate change

The youth vote

• “Young people today finishing their studies are finishing with $60- to $70,000 in debt. When are they supposed to start a family if that’s what they want for themselves?”

• “We have a generation now that’s earning less than their parents and grandparents. The biggest inequality in our country is between generations.”

• “In the last election, 65 per cent of young people aged 18 to 25 stayed home, two out of three. That worked out very well for Mr. Harper, by the way, because when young people stay home, the right wing wins and democracy loses. We have to change that.”

Racism and Islamophobia

• “We’re a country of immigrants. My wife is an immigrant to Canada. It’s becoming a more and more closed place under the Conservatives.”

• “Mr. Harper’s singling out of the Muslim community has been, I think, one of the worst things I’ve seen in my political career.”

• “If you have the highest elected official in the country openly using terms that can lead to Islamophobia. I find it reprehensible, it’s abject, and I never thought I’d see it in Canada.”

Terrorism and Bill C-51

• “This is a horrible piece of legislation, very dangerous to our rights and freedoms.

• “I’m not trying to understate the importance of fighting terrorism. This is a real issue that requires real solutions.”

• “When you have convictions, you have to have the courage of those convictions, even when it’s tough, even when you’re being told that the polling numbers are completely against you.”

• “You’re opening yourself up to First Nations groups, environmental groups, social activists being snooped on, having their privacy, their private life snooped on, because they’re doing what’s supposed to be normal in a free and democratic society.”

The importance of cities

• “I think the best plan is to have a federal government that works with the provinces and territories.”

• “People have to understand the importance of coming to grips with issues like gridlock.”

Environment

• “I would love nothing more than if my first act as prime minister of Canada would be to attend the COP 21, the Conference of the Parties to Kyoto, in Paris in December of this year. I firmly believe that this is the defining issue of our times, because it’s the future. This is the one that’s going to resonate for generations and generations to come it we don’t get it right. And we have to get it right.”

• “Canada is the only country in the world to withdraw from Kyoto and I think that’s scandalous.”

ROSEMARY WESTWOOD/METRO

Prime mug

I challenge you to a ... beard

LUKE SIMCOE
luke.simcoe@metronews.ca

It’s been more than 100 years since the highest office in Canada was held by a man with a beard — not since Mackenzie Bowell left office in 1896.

Thomas Mulcair is itching to change that.

“I think it’s long overdue,” he told Metro Monday, a wry smile peeking out from beneath his whiskers.

The NDP leader first grew a beard when he was 18, in a bid to look older during his first year of law school. Since then, he’s shaved it only once, in 1978.

“Not one of our friends recognized me,” he said.

Metro asked Mulcair to draw some facial hair on his two opponents in the upcoming election: Liberal Leader Justin Trudeau and Prime Minister Stephen Harper.

Trudeau’s mug received a five o’clock shadow in Liberal red, while Mulcair gave Harper a full beard in green.

“I’ll give Mr. Harper a green beard, so maybe he’ll think a little bit more about the environment,” he joked.

Asked to choose his favourite celebrity facial hair, Mulcair went with newly grey-whiskered Stephen Colbert

NDP Leader Thomas Mulcair and his wife Catherine Pinhas inspect celebrity beards, top. Below: Mulcair gives his opponents, Liberal Leader Justin Trudeau and Prime Minister Stephen Harper, some facial hair of their own.

3 things Catherine Pinhas thinks you might not know about her husband

“That he’s very kind.”

“He has a job as official Opposition, he has no choice, he has to stand up, and react. They might be surprised to know that he’s shy. Sometimes you’re going to see him feel a little bit uncomfortable if people say kind words. He feels a little embarrassed, I guess.”

“He is principled, and he’s a loving person.”

ALL PHOTOS: ELIZABETH BEDDALL/METRO

Court. Accused nearly aborted B.C. bomb plot

A couple accused of plotting to attack British Columbia's legislature on Canada Day considered backing out with just hours to go, but with the bombs ready and powerful associates expecting them to follow through, they concluded it was too late, their trial heard Monday.

John Nuttall and Amanda Korody, who are now on trial for terrorism-related offences, were captured by a hidden RCMP video camera in a hotel room on Vancouver Island on the evening of June 30, 2013. In just a few hours, they expected to drive an hour south to Victoria to plant homemade pressure-cooker bombs on the legislature lawn.

In the video, Nuttall becomes increasingly agitated as he complains that an Arab businessman and his accomplices — all undercover RCMP officers — have pressured them to rush their attack.

Nuttall's main concern appears to be that the attack is poorly planned because they weren't able to take their time to make it better.

Nuttall and Korody have both pleaded not guilty to four terrorism-related charges. THE CANADIAN PRESS

John Nuttall, left, with a Qur'an, and Amanda Korody appear in provincial court in Surrey, B.C., on July 9, 2013. Nuttall said he thought his alleged plot would change the world. FELICITY DON/THE CANADIAN PRESS

Canada, U.S. reach deal on pre-clearance customs pact

Travel. Deal sets path for allowing customs agents to work on both sides of the border

Travel to the United States by road, rail and sea could undergo a major revamp as the result of a new agreement between Canada and the U.S.

Public Safety Minister Steven Blaney and Homeland Security Secretary Jeh Johnson have signed a customs pre-clearance agreement that was years in the making.

The arrangement would allow customs agents to work in each other's countries, which means they could screen passengers away from the border and ease the choke points.

That process already exists in air travel, at eight airports. People can clear U.S. customs in cities such as Vancouver, Toronto and Montreal and then, when they land, skip lines in U.S. airports.

Cargo trucks cross the Ambassador Bridge from Detroit, left, leading into Windsor, Ont., right, in January. CARLOS OSORIO/THE ASSOCIATED PRESS

The countries had signalled their intention to expand that arrangement to land and sea travel as part of the 2011 Beyond the Border deal between Prime Minister Stephen Harper and President Barack Obama.

But they missed a late-2012 deadline to reach a legal agreement that would let law enforcement officials operate inside the neighbouring country.

A little more than two years later, they have finally reached that deal.

"This historic new agreement builds on decades of successful pre-clearance operations in Canadian airports," Blaney said in a U.S. Department of Homeland Security statement. "It will enhance the security at our border and create jobs and growth in Canada by improving the flow of legitimate goods and people between our two countries."

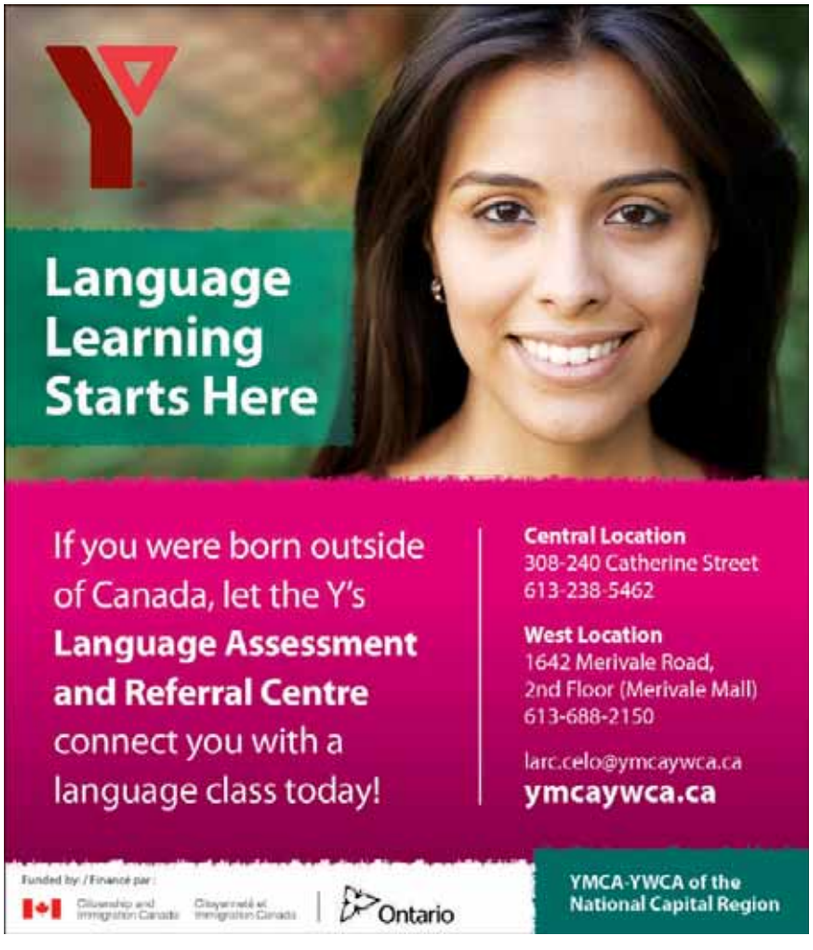
Maryscott Greenwood of the Canadian American Business Council said the agreement will use modern technology to speed up things at the border.

"It's dramatic, it's historic, it's a big day in Canada-U.S. relations," she said.

The statement says the agreement applies to all modes of transport, potentially even passenger vehicles. It also says customs agents will be allowed to carry firearms in each other's countries. THE CANADIAN PRESS

Implementation

While the deal has been struck, it didn't highlight several conditions to moving forward. These include the legislation required from both governments, budgeting for new infrastructure and commitment from the private sector.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Feds near decision on ISIL combat mission extension

The federal cabinet is poised to decide on an extension to the combat mission against the Islamic State of Iraq and the Levant (ISIL) and, should it be approved, several defence sources say it likely would involve a commitment of more than six months, possibly up to a year.

Defence Minister Jason Kenney wouldn't indicate which way the debate is going, but said a verdict will come in the near future and that "we're considering various options."

Kenney and other senior Conservatives have dropped broad hints for weeks that the threat posed by extremists in Iraq and Syria is not something that should be left unchecked by Canada — or its allies.

The mandate for the existing mission will be expiring within the next few weeks.

An extension of six months would require another evaluation and renewal in October at a time when the government is expected to be campaigning for re-election.

Defence analysts have said any potential Canadian extension would likely resemble U.S. President Barack Obama's war resolution before the U.S. Congress, which removes geographic limits and softens the language about the deployment of combat troops.

Like Canada, the U.S. originally ruled out putting "boots on the ground" in the form of conventional combat forces. THE CANADIAN PRESS

Bomb plots

Accused bomber still in custody

A Pakistani man the federal government has branded as a supporter of ISIL and accused of plotting bomb attacks on downtown Toronto was ordered to remain in custody on Monday pending a deportation decision.

Government lawyer Jessica Lourenco made no new allegations against him.

At his first hearing a week ago, Lourenco accused Malik, 33, of planning to blow up the U.S. consulate in Toronto and buildings in the city's financial district.

Presiding board member Iris Kohler, who noted Jahanzeb is a permanent resident of Canada and not a citizen, set his next hearing for April 14.

While Malik has strong ties to Canada, including two children, Kohler decided he has a "level of disregard for law in general'' and "strong anti-government views," citing police records of a charge for assaulting his estranged wife. THE CANADIAN PRESS

Alberta

Students able to use Aeroplan for school expenses

Some post-secondary students in Alberta are now able to use Aeroplan points to pay for tuition, textbooks, residence fees and meal plans. Some of the nine institutions on board so far include University of Lethbridge, Olds College, Red Deer College and Concordia University College of Alberta in Edmonton. GLOBAL EDMONTON/THE CANADIAN PRESS

Diplomacy

Senators' Iran letter strains nuclear talks

Iranian diplomats twice confronted their American counterparts about an open letter from Republican senators who warned that any nuclear deal could expire the day President Barack Obama leaves office, a senior U.S. official said Monday.

The official said the GOP intervention was a new issue in the tense negotiations facing an end-of-month deadline for a framework agreement.

The Iranians raised the letter in Monday's discussions led by Secretary of State John Kerry and Iranian Foreign Minister Mohammad Javad Zarif.

Zarif was quoted by Iranian state media after the meeting as saying the topics included the potential speed of a softening of U.S. economic sanctions and the new issue of the letter from the senators.

"It is necessary that the stance of the U.S. administration be defined about this move," he was quoted as saying. THE ASSOCIATED PRESS

Russia

Putin's return ends rumours

Looking fit and joking about all the fuss over his unexplained 10-day absence from public view, President Vladimir Putin reappeared on Monday to quell the swirling speculation about the state of his health and his hold on power.

"It would be dull without gossip," Putin said with a smile during a meeting with Kyrgyzstan's president, Almazbek Atambayev. THE ASSOCIATED PRESS

Twitter

Teen arrested over alleged racism

British police have arrested a 15-year-old boy for a racist tweet aimed at Arsenal striker Danny Welbeck.

The unnamed boy was held and questioned on suspicion of racial abuse following the posting of a message on Twitter after Welbeck scored the winner against Manchester United last week in the FA Cup.

Police say "the investigation is ongoing." THE ASSOCIATED PRESS

Israeli election

Netanyahu sliding, keeps hard line

In a frenzied last day of campaigning, Prime Minister Benjamin Netanyahu on Monday ruled out the establishment of a Palestinian state and vowed to strengthen construction in east Jerusalem settlements as he appealed to hard-line voters on the eve of Israel's closely contested general election.

Netanyahu, who has governed for the past six years and has long been the most dominant personality in Israeli politics, has watched his standing plummet in recent weeks.

Recent opinion polls show his Likud Party lagging behind Isaac Herzog's Zionist Union.

Herzog, who has vowed to revive peace efforts with the Palestinians, repair ties with the U.S. and reduce the growing gaps between rich and poor, confidently predicted an "upheaval" was imminent.

Tuesday's election caps an acrimonious three-month campaign that is widely seen as a referendum on Netanyahu. THE ASSOCIATED PRESS

ISIL using gas attacks: Kurds

Middle East. Kurdish officials say an independent laboratory concluded the militants used chlorine gas

Kurdish forces in Iraq are investigating two other possible chemical weapons attacks by the Islamic State of Iraq and the Levant(ISIL), a top official said Monday, as authorities put an Iraqi offensive to retake Saddam Hussein's hometown on hold.

The two purported chemical weapon assaults resemble one claimed Saturday by Kurdish officials, who say an independent laboratory concluded the militants used chlorine gas against its peshmerga forces in a Jan. 23 truck suicide attack. However, their claims were not immediately verified by international authorities.

Iraqi officials and Kurds fighting in Syria have made similar allegations about the militants using the low-grade chemical weapons against them. ISIL, which controls a third of Syria and Iraq in its self-declared caliphate, has not commented on the claims.

Gen. Aziz Wesi, in charge of a Kurdish special forces brigade, told journalists Monday that authorities declined to immediately discuss the two newly announced attacks when they happened on Dec. 26 and Jan. 18 out of fears of causing a panic.

Kurdish officials have offered footage of the aftermath of the Dec. 26 attack, which shows fighters coughing and pouring water over their heads after another suicide truck bombing that authorities say wounded some 60 men.

"I put a wet scarf on my face because when I saw the gas, I felt it," said Capt. Mohammad Sewdin, who leads the Kurdish special forces unit targeted in the December attack. "I was afraid it might be something like (chemical weapons). So I told my men to do the same."

Sewdin told The Associated Press he was temporarily blinded for six hours after the attack and coughed up blood. He and others were hospitalized. THE ASSOCIATED PRESS

Iraqi fighters chant slogans against extremists at the front line during a battle against ISIL militants on Monday in Tikrit, 130 kilometres north of Baghdad, Iraq. KHALID MOHAMMED/THE ASSOCIATED PRESS

South Pacific picking up pieces after 'monster' cyclone

Samuel, only his first name given, kicks a ball through the ruins of their family home as his father, Phillip, at back, picks through the debris on Monday in Port Vila, Vanuatu, in the aftermath of Cyclone Pam. Vanuatu's president, Baldwin Lonsdale, said that the cyclone that hammered the tiny South Pacific archipelago over the weekend was a "monster" that has destroyed or damaged 90 per cent of the buildings in the capital and has forced the nation to start anew. The United Nations says that 24 people are confirmed dead and 3,300 have been displaced by the cyclone. Meanwhile, the Canadian Department of Foreign Affairs says it's believed 29 citizens are in the affected region. Foreign Affairs says its office in Canberra, Australia, and the Australian High Commission in Port Vila are providing assistance to Canadian citizens in Vanuatu affected by the storm. PHOTO: DAVE HUNT/THE ASSOCIATED PRESS, TEXT: THE ASSOCIATED PRESS & THE CANADIAN PRESS

Radicalism. Concerns grow over ISIL-recruited Brits

British police, under pressure to stem the flow of would-be militants eager to join the Islamic State of Iraq and the Levant (ISIL), on Monday arrested an 18-year-old man suspected of planning to travel to Syria.

Hours earlier, they freed on bail three other U.K. teens detained in Turkey, allegedly on their way to link up with the extremist group.

The arrests are signs of increasingly strenuous efforts by police to stop the flow of radicalized young Britons to the Middle East.

Detectives have been criticized for failing to prevent three 15- and 16-year-old London girls from making the same journey last month.

West Midlands police said the 18-year-old, whose name wasn't released, was arrested early Monday at his home after police received a tipoff.

Three other youths — two aged 17 and a 19-year-old — were arrested at an Istanbul airport after their London families contacted police when they failed to return from Friday prayers. THE ASSOCIATED PRESS

Crime. Real estate heir faces old murder charge

Wealthy eccentric Robert Durst agreed Monday to face a murder charge in Los Angeles in the shooting 15 years ago of a mobster's daughter who vouched for him after his wife disappeared.

He shuffled into a courtroom with his hands shackled at his waist, wearing sandals and an orange jumpsuit. He appeared to fall asleep before the hearing, and later turned to the gallery and smiled. He answered "yes" to a judge's questions about waiving extradition.

Magistrate Harry Cantrell said Durst could now be taken to California, and that he could get pain medication meanwhile after attorney Dick DeGuerin said Durst has had "neurosurgery."

The hearing came only hours after Sunday's finale of an HBO documentary detailing his life of privilege and links to three deaths: his friend in Los Angeles, Susan Berman; his wife in New York, Kathleen Durst; and Morris Black, an elderly neighbour in Texas.

Durst is heard muttering that he "killed them all, of course," at the end of The Jinx: The Life and Deaths of Robert Durst. THE ASSOCIATED PRESS

Young adults want news every day, survey shows

Sources. Millennials get harder news from traditional media sites and lifestyle items overwhelmingly from Facebook, survey finds

Young adults have a reputation for being connected to one another and disconnected from the news. But a survey has found that mobile devices and social networking are keeping them more engaged with the broader world than previously thought.

They want news, they say, though they don't always aggressively seek it out — perhaps simply happening upon it on a friend's online feed. And they want it daily.

The survey of Americans ages 18 to 34, sometimes called the millennial generation, found that two-thirds of respondents said they consume news online regularly, often on a social networking site.

Of those, 40 per cent do so several times a day, according to the poll, conducted by The Associated Press-NORC Center for Public Affairs Research and the American Press Institute.

It's been a slowly building trend in news consumption that experts say is trickling up to older generations — and that young people say helps them stay current, even if they never read an actual newspaper or watch the evening news on TV.

The respondents said their consumption of news and information on various devices was most often sparked by an interest in civic issues, for social reasons, including discussing a topic with friends, or because they just find it enjoyable.

THE ASSOCIATED PRESS

Travis Morgan, 33, a pilot, says he still likes reading a printed newspaper, watching the news on his TV, and using a search engine to dig more deeply if he wants to know more. He is among the majority of young adults who say they consult sources of news regularly. JEFF BARNARD/THE ASSOCIATED PRESS

Nutrition. Experts tout Coke as sensible snack

Coca-Cola is working with fitness and nutrition experts who suggest its soda can be an acceptable treat, at a time when the world's biggest beverage maker is being blamed for helping to fuel obesity rates.

In February, several of the experts wrote online posts for American Heart Month, with each including a mini-can of Coke or pop as a snack idea. The pieces — which appeared on nutrition blogs and other sites including those of major newspapers — offer a window into the many ways food companies work behind the scenes to cast their products in a positive light, often with the help of third parties seen as trusted authorities.

Ben Sheidler, a Coca-Cola spokesman, compared the February posts to product placement deals a company might have with TV shows.

"We have a network of dietitians we work with,' said Sheidler. 'Every big brand works with bloggers or has paid talent."

Coca-cola is working with fitness and nutrition experts who suggest its cola as a healthy treat. WILFREDO LEE/THE ASSOCIATED PRESS

Other companies including Kellogg and General Mills have used strategies like providing continuing education classes for dietitians and funding studies that burnish the nutritional images of their products.

PepsiCo has also worked with dietitians who suggest its Frito-Lay and Tostito chips in local TV segments on healthy eating.

THE ASSOCIATED PRESS

McDonald's. Workers file complaints over burns

McDonald's workers in 19 cities in the U.S. have filed complaints over burns from popping grease, a lack of protective equipment and other workplace hazards, according to labour organizers.

The complaints are the latest move in an ongoing campaign to win pay of $15 US an hour and unionization for fast-food workers by publicly pressuring McDonald's to come to the bargaining table. The push is being spearheaded by the Service Employees International Union and began more than two years ago. Already, it has included protests around the country and lawsuits alleging workers weren't given their rightful pay.

The burns and other hazards were detailed in complaints announced Monday and filed with U.S. Occupational Safety and Health Administration in recent weeks. Workers cite a persistent lack of gloves for handling hot equipment and say they have been burned while cleaning grills that have to be kept on. The complaints also detail a lack of training for handling hot fryers and slipping on wet floors. THE ASSOCIATED PRESS

Market Minute

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VOICES

A CITY OF TWO TALES

NDP Leader Thomas Mulcair and Liberal Leader Justin Trudeau make separate stops in Toronto within the same week — both touting very different paths forward

CHANTAL HÉBERT
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Tom Mulcair shares a laugh with Justin Trudeau at a panel discussion on youth voting. ADRIAN WYLD/THE CANADIAN PRESS FILE

Within the space of a single week, Justin Trudeau and Thomas Mulcair each delivered major speeches designed to stake out some critical pre-election territory.

Both opposition leaders chose Toronto as their venue, a decision dictated as much by the city's status as the national headquarters of the country's English-language media as by the GTA's weight in the outcome of next fall's election.

The similarities stop there.

Trudeau spoke to a non-partisan group made up of McGill University alumni.

Mulcair addressed one of the largest in-between-elections rallies that the federal NDP has ever held.

The Liberal leader spoke of values and denounced what he believes is a blatant Conservative attempt to use the terrorism file to divide Canadians along Muslim and non-Muslim lines.

Mulcair set out the urban agenda of an NDP federal government.

His speech emphasized Toronto's central place on the municipal map of the country — calling it the most important city in the country — but his prescriptions were generic.

Minus the local references, Sunday's text could easily serve as a template for similar speeches in Canada's other big cities.

The Liberal leader's speech was the more hard-hitting of the two but also the more high-risk.

Fostering discrimination against a minority is one of the most serious charges that an opposition leader can level at a sitting prime minister.

That could be construed as a glaring contradiction since it is Liberal policy to support Harper's controversial anti-terror legislation, regardless of whether or not the government addresses Trudeau's concerns about its reach.

By comparison, Mulcair's speech was a safe one. It is hardly the first time that a federal leader promises the cities a better deal and there is little revolutionary about adding a seat devoted to urban affairs at the cabinet table of an NDP government.

The most controversial element of the speech — if you can call it that — was the contention that, more so than that of any other (smaller) Canadian city, the success of Toronto is essential to the country's economic health.

According to party strategists, Mulcair deliberately stuck to bread-and-butter issues the better to bring the economy back on the political radar.

They believe the issue is becoming a liability for the ruling Conservatives. (For the record, so far the latter still score better on the economy than their opposition rivals.)

In the end, the differences between the Trudeau and Mulcair speeches spoke more loudly of distinct pre-election needs than of different priorities.

Two years into his leadership, Trudeau has not yet quite shaken off the perception that he is a policy lightweight.

At the same time, the Liberals have made the strategic decision to not release their platform until the campaign.

In the absence of a fleshed-out policy book, the "values" speech Trudeau delivered last Monday was designed to anchor his political persona to some core principles.

It was also meant to offset the Liberal decision to support Bill-C51 by adding some space between Trudeau and the Conservatives on the larger anti-terror narrative.

The NDP's event, on the other hand, was at least as important for its form as for the content of Mulcair's speech.

The past four years have been miserable ones for the New Democrats, with precious little to suggest they are on the move nationally.

They have endured the untimely death of a much loved federal leader; the loss of power in Nova Scotia; a civil war at the top of Manitoba's NDP government; unexpected mayoral defeats in Toronto and Vancouver, and underwhelming provincial results across the country.

Against that backdrop, the successful staging of a major rally in Toronto — a city where the NDP lost a seat since the last election — was meant to at least project some critically needed momentum.

It was also designed to blunt some of the edges of Mulcair's image.

For all his success or, perhaps, because of it as the prosecutor-in-chief of the government in Commons, his profile outside Quebec remains both lower and not as voter-friendly as Trudeau's.

That he was under instructions to play nice may explain why Mulcair smiled his way through his Sunday speech. He smiled so hard as to make one wonder whether he was trying to channel Jack Layton.

Chantal Hébert is a national affairs writer.

Gear down: Distracted cycling isn't that common

YOUR RIDE
Kathryn Hunt

Last week, the Ottawa Police suggested that the laws about "distracted driving" be expanded to include all vehicles — in particular, bicycles.

The media, and more than a few pro- and anti-cycling commentators, jumped on the idea, either praising it for "cracking down" on scofflaw cyclists, or condemning it for "punishing" bike riders for being on the roads.

Frankly, even if the distracted driving laws were to be extended to cover cyclists, I don't see it becoming a huge upswing in tickets: I can't actually recall the last time I saw someone riding a bike and texting at the same time. It's much harder, and less tempting, to use your phone on a bike than in a car, especially while on anything but a quiet pathway.

It seems like one reason this issue pushed people's buttons is the false equivalency of bikes and cars as a mode of transport. Bikes and cars use the same infrastructure — the road — but that's where the similarity ends. Insisting on applying the same rules to all road users ignores that fact, and takes away the possibility of coming up with new rules that help two very different modes of transportation coexist.

We don't have many efficient ways to separate motor traffic and bicycles (yet), so for now they do need to share the roads. But assuming that means they must all be treated alike isn't really reasonable. The rules of the road were created for motor traffic: As more and more people get on bikes, the rules need to be refined rather than simply extended to bikes as though they were just smaller, lighter, slower, less protected cars.

Worth it?

Frankly, even if the distracted driving laws were to be extended to cover cyclists, I don't see it becoming a huge upswing in tickets: I can't actually recall the last time I saw someone riding a bike and texting at the same time.

In some jurisdictions (look up Idaho) these refinements are already happening. In what's known as the "Idaho stop," bicycle traffic can treat stop signs and red lights differently than motor traffic, treating stop signs as yields and red lights as stop signs. The Idaho stop takes into account the fact that the longer a cyclist spends in an intersection, sharing it with cars, the more risk.

I don't really object to a distracted cycling law. Cyclists should definitely be paying attention to the road just as much as drivers, although the consequences of distracted driving are more likely to be severe. But we should be wary of thinking that the best course is to automatically apply the same rules to all modes, in all cases.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

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Emile Hirsch heads to court

Scandal. Actor faces up to five years in prison for alleged assault at Utah club

Actor Emile Hirsch made his first court appearance Monday on allegations that he put a studio executive in a chokehold and dragged her across a nightclub table while in Utah for the Sundance Film Festival.

The Into the Wild star declined to comment Monday outside court in Park City.

His attorney Neil Kaplan said Hirsch is receiving counselling after going to rehab.

The actor from Encino, Calif., is charged with felony assault, which is punishable by up to five years in prison and a $5,000 fine. He also faces a misdemeanour count of intoxication.

He isn't required to be at the next hearing, set for April 13.

Hirsch may also be excused from other upcoming hearings, a concession often granted to out-of-state defendants who are co-operating, said Summit County prosecutor Ryan Stack. Stack said he had no comment on a possible plea deal.

The woman Hirsch is accused of assaulting on Jan. 25 is Daniele Bernfeld, an executive for the Paramount Pictures subsidiary Insurge Pictures.

Hirsch lawyer Robert Offer has said the actor was drinking alcohol and doesn't remember what happened that night. Offer also said last month that Hirsch checked into rehab within days of the incident.

Offer was not immediately available for comment Monday.

Hirsch is best known for his Into the Wild role. He was at Sundance for the premiere of the drama Ten Thousand Saints, in which he appears alongside Ethan Hawke and Asa Butterfield.

THE ASSOCIATED PRESS

Emile Hirsch ALL PHOTOS: GETTY IMAGES

Gisele Bündchen

Bye-bye, Bündchen?

Brazilian supermodel sensation Gisele Bündchen is reportedly set to retire from the runway after two decades in the spotlight.

The whispers, which began with an editorial in Brazilian newspaper Moda Estadão, suggest that Bündchen will walk her last runway in April at the Colcci show as part of São Paulo Fashion Week. Bündchen, who shares a long-term relationship with the Colcci brand, has starred in many of its previous campaigns and also famously chose the brand for her return to the catwalk following the birth of her son Benjamin in 2010.

Bündchen, reportedly the world's highest paid model for the last 10 years, most recently walked for Chanel in September 2014. Sao Paulo Fashion Week starts April 13.

AFP

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Uninvited guest plants himself on Aniston's lawn

Jennifer Aniston

Jennifer Aniston got some unsolicited gardening recently when a drunk driver reportedly jumped the curb and landed in her lawn, taking out some plants along the way, according to TMZ. It's unclear whether Aniston or fiancé Justin Theroux were home at the time, but her security guard called the cops who promptly arrived and busted the driver after he failed a sobriety test.

There's a very obvious Friends theme song joke in this about being stuck in second gear, but I like to think I'm better than that. (I'm not.)

Demi Lovato wants the world to know she loves Wilmer

People have said a lot of things about Wilmer Valderrama over the years, but something you might not have expected to read is "I really wouldn't be alive today without him."

But that's exactly what girlfriend Demi Lovato wrote in a heartfelt Instagram post celebrating Valderrama and her third anniversary of getting sober.

"I wish I could put into words how grateful I am for this man right here. But my love has grown to a level that words could never possibly express how much this man completes me," she writes.

"He's loved me the way I never thought I deserved to be loved and with this day marking my third year sober. After sharing my ups, putting up with my downs and supporting my recovery, he still never takes credit and I want the world to know how incredible his soul is."

Duly noted.

Community actors Joel McHale and Gillian Jacobs. GETTY IMAGES

Britta believe it! Community gets refresher course online

Television. Cult fave finds a new home with Yahoo

Comeback

- Community returns with online episodes Tuesday.
- Yahoo picked up the show after it was cancelled by NBC last year.

The world of TV is littered with examples of much-loved but under-watched shows that aired for a season and disappeared, but few have had as strange a life as Community, the pop culture-obsessed show about a group of misfits at a community college. After NBC finally pulled the plug, an unexpected saviour popped up in the form of Yahoo, and the show returns today with new episodes.

Series star Gillian Jacobs (Britta) says she's not too worried about the change in venue. "Post-House of Cards, you'd be silly to be nervous, especially at a place like Yahoo, that has the resources to really support the show," she says. "You look at the other programming they're doing — they have good taste! I mean, they liked us, so they have great taste."

The return of the show means viewers get to see all kinds of new journeys for the characters, and meet Britta's parents, who are played by Martin Mull and Leslie Ann Warren (or Colonel Mustard and Miss Scarlett, if you're Clue fans).

"As a Clue fan, I was really excited," says Jacobs of the casting. "We're starting to see a little bit more of the characters' outside lives, help inform who they are, why they are, what the hell happened to Britta to make her Britta."

She's referring, of course, to the various characters' tendency to call her "the worst" all the time, for her buzzkill tendencies. Would she ever want them to stop calling her that?

"No, I'm branded with that! It's a point of pride now, to be the worst. No, that's like a tattoo, I can't."

LISA WEIDENFELD/METRO IN NYC

Television

iZombie brings 'sexy back' to undead genre

Buffy fans, take note: There's a new young blond woman with supernatural powers, firing off snarky quips. Except this time she's not so much fighting off supernatural creatures, as being one of them. Yes, Liv (Rose McIver) is a zombie, yes, she eats brains, but she's very nice, we promise. And lucky for her, she picks up abilities and memories from the brains she eats, so she uses her talents to solve murders on the CW's new iZombie. "This is a dark comedy," says co-star David Anders. "I'm calling it zom com rom dram."

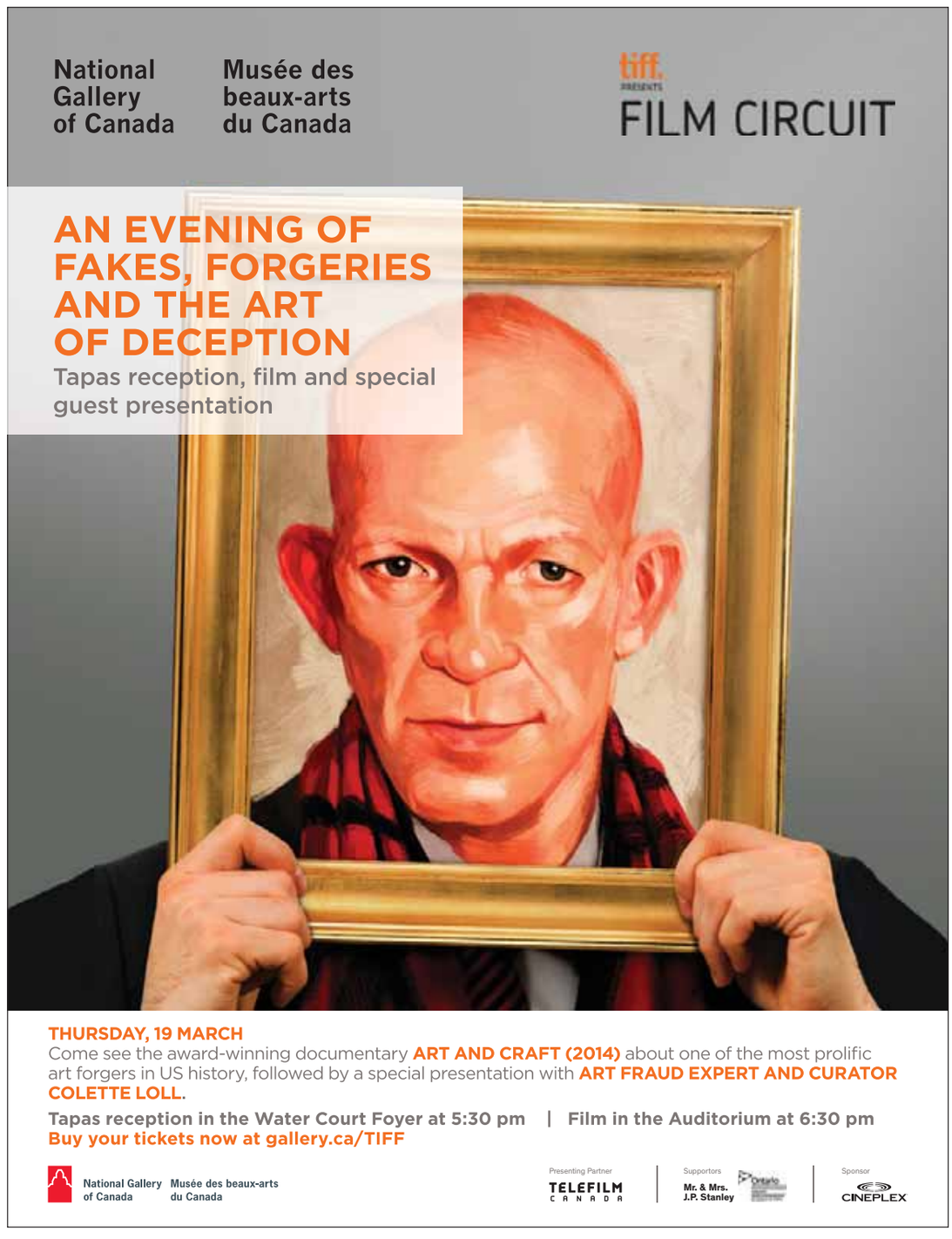
He's not wrong. The show makes a point of having its zombies look a little less decrepit than your average Walking Dead zombie, and they're still engaged, active participants in their world.

"Zombies are bringing sexy back. It's flipping the genre on its head," he promises.

How sexy are these zombies? Says co-creator Rob Thomas, "we were calling the show ZILFs at one point."

LISA WEIDENFELD/METRO IN NYC

iZombie premieres Tuesday on the CW and will be available on streaming service Shomi on Wednesday. CONTRIBUTED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Music film

Drizzy in a tizzy over unauthorized concert film

Canadian rapper Drake is not happy about a soon-to-be-released concert film.

"The Drake Homecoming film is not something OVO or Drake have any part in," Drake tweeted to his 21.6 million followers, referring to the record label Drake helped establish in 2012.

"I feel it is my responsibility to inform and protect my fans."

The statement has been favourited and retweeted more than 12,000 times.

Drake's Homecoming: The Lost Footage will be playing in select Canadian theatres on March 18 only. The concert film, which was shot in May 2009 at a sold-out show at Toronto's Sound Academy, shows the rapper performing just before his international breakthrough.

"No. 1, it's an authorized film," counters Mark S. Berry of Toronto's Attack Media Group. Berry is listed as a co-executive producer for the film.

According to Berry, Drake signed a contract in 2009 that gives him $15,000 for the film and a royalty participation of 15 per cent. It's a paltry sum for a rapper who could now demand a substantially higher fee.

"He's known about the movie for years," Berry adds.

Attempts to reach out to Drake's label representatives were not returned on Monday.

TORSTAR NEWS SERVICE

Quoted

"I feel it is my responsibility to inform and protect my fans."

Drake tweeted to his 21.6 million Twitter followers about the theatrical release of the unauthorized concert film Drake Homecoming: The Lost Footage

Drake is unhappy about the release of a concert film. GETTY IMAGES

World a happy hunting ground for UN playlist

Music. UN asks music lovers around globe to share songs that bring them joy, in honour of Day of Happiness

What is happiness? The United Nations is teaming up with pop stars to create a playlist that asks, in musical form, that eternal question.

A campaign launched Monday is asking listeners around the world to post through social media the songs that make them happy, with the playlist to be revealed Friday on the UN-declared International Day of Happiness.

The curators who will assess the responses and determine the playlist include the British singer-songwriters Ed Sheeran and James Blunt, U.S. singer-songwriter John Legend, French DJ David Guetta and the Portuguese pop star David Carreira.

UN Secretary-General Ban Ki-moon, who is not generally known for his rock star persona, announced the initiative in an MTV-style video in which he offered his vote for Stevie Wonder's 1970 hit Signed, Sealed, Delivered.

Ban said that the song — also known to be a favorite of U.S. President Barack Obama — represented his hopes for a successful agreement on climate change at a UN-led conference in Paris later this year. AFP

#HappySoundsLike

Last year, the International Day of Happiness invited music fans around the world to dance to Pharrell Williams' hit Happy, creating a viral sensation.

- **The campaign, which did not specify restrictions on genre, asked music fans to post songs on social media with the hashtag #HappySoundsLike. The playlist will be released by streaming service MixRadio.**

Gross National Happiness

The United Nations in 2012 declared an International Day of Happiness — which coincides with the first day of spring in the Northern Hemisphere — after an initiative by Bhutan, the Himalayan land that measures a Gross National Happiness instead of a standard economic indicator.

- **"On this day we are using the universal language of music to show solidarity with the millions of people around the world suffering from poverty, human rights abuses, humanitarian crises and the effects of environmental degradation and climate change," Ban said.**

Singer-songwriter Ed Sheeran will help curate the "happiness" playlist. GETTY

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Couples' vegetarianism 101

Healthy eating. It can be difficult to get meat-loving guys (and gals) to eat more veggies. Here are some tips on getting it done

EVA KIS
Metro World News

How's your healthier eating resolution going? If you've had better intentions than follow-through, get back on the wagon this week with a change that won't turn your life upside down: a meatless day of the week.

Diana Rice, a dietician with the Meatless Monday campaign, an international effort that encourages people to not eat meat on Mondays to improve their health and the health of the planet, has plenty of suggestions to get you started — no matter what day it is. But she also speaks from experience when it comes to what will likely be your biggest obstacle (after cravings): your partner.

"My husband is from the (American) south, and growing up he didn't really think about the advantages of vegetarian anything," she says. Bacon and eggs for breakfast, a ham sandwich for lunch and a steak for dinner was pretty standard.

And while you probably know that eating less meat can lower cholesterol and reduce your risk of cancer, diabetes and heart disease, a lecture about the health benefits of veggies might be the only thing less appetizing to him than trading steak for tofu.

But don't give up hope. Rice, whose husband often serves as the "guinea pig" for her foodie experiments, shared her ideas.

Eating less meat can reduce your risk of cancer, diabetes and heart disease. ISTOCK

Play up other flavours

"Pasta is such a versatile dish. It'd definitely be the place I'd start," says Rice. Use cherry tomatoes instead of sauce from a jar, fresh basil instead of dried and really good cheese, and he'll forget he's not eating meat. Shop at a farmers market so you know you're only buying what's in season, when it tastes best, and talk to the vendors to get ideas.

Don't get crazy

"If you're just starting out, don't buy tempeh and try to make some really weird vegetarian thing that's totally unfamiliar to you," cautions Rice. Work your way up to it by starting with what you already know: chili with beans instead of ground beef or using sautéed mushrooms as the main part of a dish instead of a side.

Think like a guy

If your guy likes steaks, try making a vegetable steak: Cut a one-inch-thick slice out of the middle of a cauliflower, brush it with olive oil and grill it, then serve it with some A1 sauce. "Having the vegetable be a standalone in the same way we might expect the steak or a piece fish to be can help us overcome that mentality that there is something lacking from the meal," says Rice.

Chef's choice

Most guys still aren't doing the cooking, so if they're hungry they'll probably eat what's in front of them. So don't be afraid to try something just because you think he won't like it. "A lot of times what I'll do is tell my husband, 'What we're having for dinner is a really great pasta dish,'" Rice says. "It just doesn't happen to have any meat in it."

Nutrition

The Rainbow Plate approach

Force-feeding kids a diet of facts and figures about the nutrients in fruits and vegetables and why they're good for us is no way to create a generation of healthy eaters.

It's far more important and effective to encourage kids to make nutritious food choices because they want to, says Janet Nezon, a Toronto-area food educator.

The concept Nezon developed and the name of the company she started three years ago is Rainbow Plate. "The reality is that if you are eating a vibrant mix of colours, you're covered (nutritionally)," she says. "So the simplest concept is to take your plate and create a rainbow plate."

The first step — in Nezon's program and for parents at home — is simply exposing kids to the wide range of produce available and engaging their interest.

The second key is that there should be no pressure on a child to try something new, Nezon says.

"You can't push vegetables on kids. You have to make food appealing and make it visually interesting ... but you don't make a big deal if they do or don't."

THE CANADIAN PRESS

Alphabet noodles in homemade tomato vegetable soup will distract kids from the veggies. THE CANADIAN PRESS

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Facebook buffs up community standards

Content guidelines. Updates aim to target content promoting terrorist activity, crime and hate speech

Facebook on Monday updated its community standards guidelines, giving users more clarity on acceptable posts relating to nudity, violence, hate speech and other contentious topics.

The world's biggest social network said it does not allow a presence from groups advocating "terrorist activity, organized criminal activity or promoting hate."

The new guidelines say Facebook will take down "graphic images when they are shared for sadistic pleasure or to celebrate or glorify violence."

Nudity is also removed in many cases but allowed for images of breastfeeding, art or medical conditions.

"These standards are designed to create an environment where people feel motivated and empowered to treat each other with empathy and respect," said a blog post from Facebook global policy chief Monika Bickert and deputy general counsel Chris Sonderby.

"While our policies and standards themselves are not changing, we have heard from people that it would be helpful to provide more clarity and examples, so we are doing so with today's update."

The guidelines say Facebook members should use their "authentic name," a move that appears to head off criticism from people who use stage or performance names instead of their legal name. In October Facebook said it would ease its "real names" policy that prompted drag queen performers to quit the social network and sparked protests in the gay community and beyond.

Facebook's new guidelines said it would remove content, disable accounts and work with law enforcement "when we believe that there is a genuine risk of physical harm or direct threats to public safety."

But it added "that something that may be disagreeable or disturbing to you may not violate our community standards."

The move comes as Facebook and other social media struggle to define acceptable content and freedom of expression. "This is particularly challenging for issues such as hate speech. Hate speech has always been banned on Facebook, and in our new community standards, we explain our efforts to keep our community free from this kind of abusive language."

Facebook said earlier this year it was putting warnings on "graphic content," which would also be banned for users under 18. AFP

Facebook's new guidelines say it would work with law enforcement "when we believe that there is a genuine risk of physical harm or direct threats to public safety." JONATHAN NACKSTRAND/THE ASSOCIATED PRESS

The need for an update

"It's a challenge to maintain one set of standards that meets the needs of a diverse global community."

Facebook global policy chief Monika Bickert and deputy general counsel Chris Sonderby in a blog post

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France's health minister wants to crack down on "excessive thinness" in advertising and on the runway. ISTOCK

French gov't backs plan to ban use of overly thin models in advertisements

France's health minister says she supports plans to criminalize the use of advertising with anorexic models in France.

The measure would add France, a world capital of fashion, to the movement in countries like Israel and Spain that are cracking down on the glorification of dangerously thin models.

Socialist lawmaker Olivier Veran, who is also a doctor, wants to add language to an upcoming health bill to make it illegal to employ models deemed to have an eating disorder. Modelling agencies would have to produce a medical report showing that their models have maintained a healthy mass-to-height ratio.

A second change in the law would make it a crime to glorify "excessive thinness," which would target those who run pro-anorexia websites, punishable by up to one year in prison and 10,000 euros ($13,500) in fines.

The amendments are part of a health reform bill to be presented in parliament's lower house on March 31. A previous draft bill on the same issue never got to a vote by parliament in 2008.

Up to an estimated 40,000 people suffer from anorexia in France, 90 per cent of them women, according to the health ministry.

In 2007, Spain banned models from the catwalks whose body mass-to-height ratio was below 18. In Israel, a law in 2013 banned underweight models.

THE ASSOCIATED PRESS

Pair your green beer with Irish faves

Recipe

Lamb Stew with Walnut Irish Soda Bread Dumplings

1. Season the lamb with salt and pepper. Heat a large Dutch oven or heavy bottomed pot over medium-high. Add the lamb and sear until well browned. Use a slotted spoon to transfer the lamb to a plate. Add the mushrooms to the pot and cook until well browned and tender, 8 to 10 minutes. Use a slotted spoon to transfer mushrooms to a bowl and set aside.

2. Add the onion, carrots, celery, potato, cumin and rosemary to the pot. Cook until beginning to brown, 6 to 8 minutes. Return the lamb to the pot. Add the Guinness and broth. Cover and cook for 45 to 60 minutes, or until the lamb is tender and the vegetables are cooked through.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Using tongs, transfer the chunks of lamb to the bowl with the mushrooms.

3. Working in batches if necessary, ladle the vegetables and broth into a blender and blend until smooth. Return the mixture to the pot, along with the lamb and mushrooms. Return to a low simmer.

4. In a medium bowl, stir together the walnuts, both flours, 3/4 teaspoon salt, and baking soda. In another bowl, whisk together the buttermilk, egg and melted butter. Gently mix the buttermilk mixture into the flour mixture. Using a spoon or a cookie/ice cream scoop, dollop the dough on top of the stew. Cover and cook for about 10 minutes, or until the dumplings are cooked through.

Ingredients

- 2 lbs lamb stew meat, cut into 1 1/2-inch pieces
- Kosher salt and ground black pepper
- 1 lb mixed mushrooms, sliced
- 1 large yellow onion, diced
- 2 medium carrots, peeled and diced
- 2 celery stalks, diced
- 1 small potato, peeled and diced
- 1 tsp ground cumin
- 1 tbsp finely minced fresh rosemary
- 12-oz bottle Guinness beer
- 3 cups low-sodium beef stock
- 1/2 cup chopped toasted walnuts
- 1 1/2 cups white whole-wheat flour
- 3/4 cup all-purpose flour
- 3/4 tsp baking soda
- 1 1/2 cups buttermilk
- 1 egg
- 3 tbsp butter, melted

THE ASSOCIATED PRESS

Dinner. St. Patrick's Day is your lucky day — with an easily assembled Magic Shepherd's Pie

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What comes to mind when you think of St. Patrick's Day? Green Beer? Shamrocks? Lucky charms?

The Irish celebrate this saint for his role in bringing Christianity to Ireland. One of the key elements of the celebration is the lifting of Lenten restrictions, just for one day. Awww, come on! You can't expect a promise of abstinence to last for six whole weeks, can you? No wonder this day of green wearing and binge drinking has been embraced so much.

Traditional Irish dishes include Shepherd's Pie, Boiled Dinner with corned beef and cabbage, and Colcannon, consisting of mashed potatoes and cabbage. There are as many variations of these recipes as there are cooks but most are basic and use the affordable staples available in Ireland.

Potatoes are popular because they are plentiful, corned beef and cabbage can be stored during long periods of time or harsh weather and Shepherd's Pie can be made from practically any minced meat.

Irish meals are no longer boiled and boring, but historically, Irish culinary creations leaned toward a soft, bland outcome. Spices tended to include, um, salt and pepper.

Thyme, parsley, rosemary, and sage are typical as are leeks, onions and garlic.

Whatever you make, pair it with green beer. It is a rite of passage, and as they say, "Everyone is Irish on St. Paddy's Day."

This recipe serves four. THERESA ALBERY

Magic Shepherd's Pie

This pie is magic because, unlike traditional recipes, it comes together in less than 30 minutes —no layering of mashed potatoes or pastry required. It is simply a one-pot meal made with ground lamb while phyllo pastry puffs bake in the oven to become a very pretty topping.

1. Turn oven on to 400 F.

2. Oil a baking sheet and take one sheet of phyllo into your oiled hands. Rub both sides of the sheet with oil and scrunch into a loose ball. Place onto baking sheet and continue with remaining sheets. Drizzle an additional tablespoon of oil over all pastries before baking. Bake for 10 or so minutes just until browned.

3. Meanwhile, brown ground lamb in a large pot over medium-high heat and then empty to drain fat through a strainer. Set aside. Clean and slice leeks and add to the same pot with butter over medium heat, stir to soften. Add diced potato and stir for a couple minutes. Add rosemary and garlic powder, stir for one minute. Pour beer into a bowl and stir flour in to dissolve then add to pot and stir to thicken. Return meat to pot, salt and pepper.

4. Peel carrot into ribbons, directly into the pot.

5. Cover and simmer for 10-15 minutes to cook potatoes through. Empty into a pie plate or casserole dish and top with baked phyllo.

Ingredients

- 4-6 slices phyllo pastry
- Extra virgin olive oil
- 1 1/2 lbs ground lamb
- 2 leeks, sliced
- 1 tbsp butter
- 1 white potato, diced small
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 2 tbsp flour
- 1 1/2 cups dark beer
- Salt and white pepper
- 1 carrot

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

NYC bids adieu to Mad Men with liquid lunch special

Thirty-four New York restaurants are partaking in Man Men Dining Week. AMC/LIONSGATE

New York is saying goodbye to hit U.S. television drama Mad Men in a manner that would make its '60s protagonist Don Draper proud: with a boozy lunch promotion.

As the series approaches its final seven episodes, fans will be able to purchase two drinks for an iconic price of $19.69, across a handful of New York restaurants.

Since it debuted on AMC cable television in 2007, tens of millions worldwide have become devoted followers of the fortunes of the tortured New York advertising executive, often portrayed with drink in hand, and his colleagues.

Those wishing to commemorate the show's final episodes will be able to order two lunch cocktails or choose from a two-course, prix-fixe menu at 34 restaurants during Mad Men Dining Week.

The final season begins airing on April 5.

The lunch deal is a send-up of New York's traditional Restaurant Week that features dining promotions.

"We thought this was a fantastic opportunity to say farewell to a fantastic TV show," Avery Fletcher, director of sales and marketing for the restaurant 21 Club, told the New York Times.

"The characters would have been right at home here."

Like 21 Club, many of the participating restaurants are 1960s mainstays, and all will serve era-appropriate food and drink during the promotion, which lasts from March 23-29. AFP.

Accolades

Man Men is admired almost as much for its archly cool depiction of 1960s fashion and furniture as for its writing and acting.

- **Awards.** The show has won an Emmy for Outstanding Drama Series four times.

Irish, if only for a day

St. Patrick's Day. Green beer, loud singing, dance troupes, and a parade make it a celebration

JAY MENARD
For Metro

Each year, on March 17, Canadians embrace the colour green for a celebration borne of Irish pride. And part of the cross-cultural appeal of St. Patrick's Day comes from a sense of inclusion.

"I think there's a couple of things that make it so popular," explained Sinead Brown, a member of the St. Patrick's Day parade executive committee in Toronto. "For one, it's just a really fun holiday to celebrate.

"And on that day, everyone's Irish. It's just fun to be a part of that."

St. Patrick's Day has a rich history in Canada. Ottawa's parade, which took place on Saturday, marked its 33rd anniversary, with 11 days of celebration. Toronto and Montreal parades have run since the 1800s.

And other provinces are happy to be part of the action. For example, St. Patrick's Day is a government holiday in Newfoundland and Labrador, while British Columbia and Manitoba have run multi-day Irish cultural festivals to commemorate the festivities, including parades. There are also parades in Alberta and Nova Scotia.

Across the country, bars — both Irish, and not — break out the green beer, decorate their locations in shamrocks and leprechauns, and invite patrons to join the revelry. Patrons dine on Irish fare, Irish music is played, and Irish cultural centres, clubs, and dance troupes perform for celebratory crowds.

It's the accessibility and welcoming nature of Irish culture that people find appealing — and what helps St. Patrick's Day grow.

A young parade goer holds the flag of Ireland as he watches the floats go by at a St. Patrick's Day parade in Toronto. Ottawa's parade marked its 33rd anniversary on Saturday. KEVIN FRAYER/THE CANADIAN PRESS

"When I was growing up, I did Irish dancing and everyone in my class was Irish," Brown explained. "After Riverdance, more people from different cultures came to class and it just grew in popularity.

"St. Patrick's Day is just one of those rare, cultural holidays where you don't have to be part of it to celebrate."

Who was the patron saint of Ireland?

St. Patrick, the patron saint of Ireland, was born in Great Britain around 385 AD, according to the Vatican.

He was brought to Ireland as a slave in his youth, eventually escaping. He returned as a priest, eventually becoming Bishop of Ireland, and is credited for organizing the Catholic Church throughout Ireland and converting many Irish to the faith.

The Vatican reports he died in 461.

The famous story of St. Patrick driving the snakes from Ireland has been called into question. Evidence suggests Ireland likely never had snakes and that the term is merely a euphemism for the Druids, who previously lived in Ireland.

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MLB

Rose trying again for reinstatement

Pete Rose has submitted a new request to be reinstated to baseball.

Rose agreed to the lifetime ban in August 1989 following an investigation for Major League Baseball by outside lawyer John Dowd that concluded the career hits leader bet on the Reds to win while managing the team. Rose applied for reinstatement in September 1997 and met in November 2002 with commissioner Bud Selig, who never ruled on the application.

Pete Rose in 2011 THE ASSOCIATED PRESS

Rose, who turns 74 next month, denied for 15 years that he bet on baseball. In his 2004 autobiography, he reversed his stand and acknowledged he bet on the Reds while managing the team. THE ASSOCIATED PRESS

NHL

Sens' Hammond named third star

Ottawa goaltender Andrew Hammond was named the NHL's third star of the week on Monday.

Hammond posted a 3-0-0 record with a 1.30 goals-against average and .957 save percentage to help the Senators pull the within five points of the final wild-card spot in the Eastern Conference.

Columbus Blue Jackets left-winger Scott Hartnell was named the first star and Rangers goalie Cam Talbot was second.

THE CANADIAN PRESS

Jays' arms race still escalating in Dunedin

Spring training. Sanchez, Norris, Estrada vying for 2 starter spots; bullpen still very much under construction

Aaron Sanchez is vying for a spot in the Toronto Blue Jays' suddenly wide-open starting rotation. RICK MADONIK/TORSTAR NEWS

Fewer than three weeks remain until the Blue Jays open their season against the Yankees in New York City, but there is still considerable uncertainty about which 25 guys will be heading north with the club.

Ramon Santiago's broken collarbone would appear to clear the way for Ryan Goins to nab the backup infielder's job, but as the gut-punch of Marcus Stroman's season-ending injury continues to settle in, the repercussions of his absence are still being sorted out in the rotation and the bullpen.

Aaron Sanchez, Daniel Norris and Marco Estrada are now vying for two starting jobs, rather than one, and the Jays are prepared to let the best men win.

"It's not really about track record; it's about how they look this spring," said pitching coach Pete Walker in a phone interview.

But small sample sizes and the unpredictable quality of competition render spring training stats mostly useless. So the Jays brass will be keeping a close eye on other details in the pitchers' performances.

For Norris, a 21-year-old southpaw who struck out nearly one-third of the batters he faced in the minors last season while he ascended three levels of the Jays' farm system, the key will be getting quicker outs so he can get deeper into games.

Marco Estrada, left, and Daniel Norris are also entrenched in the battle for starting spots. TORSTAR NEWS SERVICE

"He certainly can strike you out," Walker said. "We want to see him pound the zone."

If he doesn't get the job, Norris would likely start in Triple-A Buffalo rather than serve in the Jays' bullpen.

Sanchez, on the other hand, will serve as a high-leverage reliever if he's not a starter. The team knows what the 22-year-old can do as a reliever, given his sterling performance last season. But in order for him to win a starting job, Walker said, he needs to show better command of his secondary pitches, namely his changeup and his curveball, which lay mostly dormant as he pitched out of the 'pen last season.

"He's certainly shown that his stuff can be dominant," Walker said. "We know what his fastball can do. I think right now with him he's trying to establish his secondary stuff."

Estrada, a veteran swingman acquired from Milwaukee for Adam Lind, is the safer, unsexy choice of the three. The 31-year-old has a 4.20 ERA in 71 career starts .

But chances are the Jays would prefer if Sanchez and Norris prove up to the task. It would be a high-risk, high-reward proposition.

As for the bullpen, aside from Brett Cecil — who is expected to assume the closer's role — and lefty Aaron Loup, the other five spots are as yet unclaimed (though Estrada will land one if he's not in the rotation).

"It's really a work in progress," Walker admitted. Other front-runners include Steve Delabar, who is hoping for a comeback after a disastrous 2014, sinkerballer Chad Jenkins and long reliever Todd Redmond. Emerging flamethrower Miguel Castro is an intriguing dark horse.

"We're going to let it play out," Walker said. "It might go right up until the last day of camp."

TORSTAR NEWS SERVICE

Team Jones tied for 1st after 'fun day' in Japan

Jennifer Jones' Canada rink face Aileen Sormunen of the U.S. (0-5) and Denmark's Lene Nielsen (0-5) on Tuesday in Sapporo, Japan. RYOSUKE UEMATSU/ KYODO NEWS/THE ASSOCIATED PRESS

Canada's Jennifer Jones earned two victories Monday to move into a first-place tie at the women's world curling championship in Sapporo, Japan.

The Winnipeg skip topped China's Sijia Liu 7-1 in the morning draw and then held off Russia's Anna Sidorova 7-5.

"I was happy with how we played — we finally had two games back to back where we played well and made some big shots and some big draws," Jones said. "It was a big win so we're happy."

Jones and her team of third Kaitlyn Lawes, second Jill Officer and lead Dawn McEwen were tied with Russia, Japan and Switzerland at 4-1.

Canada's world drought

A Canadian team hasn't won gold at this event since Jones did so in 2008.

In the late game, Canada went ahead to stay in the seventh end when Lawes made an in-turn draw behind cover that the Russians couldn't remove. That allowed Jones to make an open hit for two for a 6-3 lead.

Russia would pull within one with a pair in the ninth. But two perfect ticks from McEwen started the 10th end and Jones finished it with a draw to the button for the win.

"That was a fun day, it felt good," said McEwen. "We picked it up after our loss to Sweden (on Sunday) and it feels like things are starting to fall into place. We made some shots and Jen made a pistol there for the win, so that felt great."

THE CANADIAN PRESS

4 SPORTS

A little sneeze never hurt anyone...

Toronto Blue Jays outfielder Kevin Pillar suffered a "freak" mishap Sunday, injuring his ribs while sneezing. Here's a selection of memorable freak injuries in sports lore:

TORSTAR NEWS SERVICE
Photos by Getty Images

Kendrys Morales

INJURY: Broke ankle during walk-off celebrations, May 29, 2010
GAMES MISSED: Rest of the 2010 season and all of 2011 as well
IN SHORT: Morales stroked a walk-off grand slam for the Angels but it all went wrong when he leapt into a crowd of teammates waiting at home plate.

Dustin Penner

INJURY: Back spasms while eating pancakes, Jan. 9, 2012
GAMES MISSED: One
IN SHORT: Penner leaned to dig into a stack of pancakes when the L.A. Kings forward felt his back "squeeze" inwards. He said he felt something from an earlier sneeze. He was a good sport about it and later cooked pancakes for a charity.

Enner Valencia

INJURY: Cut his big toe stepping on a tea cup, last week
GAMES MISSED: One
IN SHORT: The West Ham United striker went to hospital for stitches for a bad cut on his toe after stepping on what was said to be pieces of a broken tea cup.

John Smoltz

INJURY: Burned chest while ironing, July 1990
GAMES MISSED: None
IN SHORT: Smoltz spent over a decade refuting a report he ironed himself while wearing a damp shirt because he was in a hurry. Eight years later, he said he had a steamer to iron out wrinkles, but he left it for a moment, and when he came back, it blew up and the hot water burned him.

Chris Coghlan

INJURY: Torn meniscus during pie-throwing, July 27, 2010
GAMES MISSED: Eight weeks
IN SHORT: A fave prank among MLB players, this one saw Coghan blow out his knee as he thrust a shaving-cream pie into the kisser of Marlins teammate Wes Helms.

Taylor Hall

INJURY: Gash to the face during pre-game warmup, Jan. 16, 2012
GAMES MISSED: One
IN SHORT: Hall slipped on a puck before a game, slid into the corner and right into the skate of teammate Corey Potter, who stepped on his face while trying to get out of the way.

Liverpool lucky on winning goal against Swansea

Jordan Henderson scored a fortunate second-half winner as Liverpool beat Swansea 1-0 in the Premier League on Monday to keep the pressure on the top four in the race for Champions League qualification.

A covering clearance from Swansea defender Jordi Amat hit the right shin of Henderson on the edge of the penalty area, skimmed off the wet turf and looped over stranded goalkeeper Lukasz Fabianski into the net.

Liverpool's fifth straight win kept the team unbeaten in the league since December — a run of 13 games — and two points behind fourth-place Manchester United ahead of their meeting at Anfield on Sunday.

"We can't wait (for United)," said Henderson, who has scored in three straight league games. "We are high in confidence and have great momentum."

Race for the top four

	W-D-L	Pts
Chelsea	19-7-2	64
Manchester City	17-7-5	58
Arsenal	17-6-6	57
Man United	16-8-5	56
Liverpool	16-6-7	54
South Hampton	15-5-9	50
Tottenham	15-5-9	50
Stoke City	12-6-11	42

Swansea failed to capitalize on a dominant first-half display in driving rain at Liberty Stadium, during which Liverpool goalkeeper Simon Mignolet made great saves on shots from Bafetimbi Gomis and Gylfi Sigurdsson, and faded after halftime.

Steven Gerrard came on as a substitute for Liverpool for his first appearance since Feb. 10, but it was the man who has blossomed in Gerrard's absence who proved to be the match winner.

Henderson scored superb goals against Manchester City and Burnley in recent weeks. This one, though, was all down to luck after he ran through the middle onto Daniel Sturridge's flick.

"I got a little bit fortunate with the finish," Henderson said, "but you have to be in the right position to score."

It was a sixth straight clean sheet away from home for Liverpool, which has climbed from mid-table in December to fifth position and only four points behind second-place Manchester City.

"Our aim is to finish as high as we can — it's not to finish fourth," Liverpool manager Brendan Rodgers said. "With Man City losing (to Burnley on Saturday), there's an opportunity there to push on."

THE ASSOCIATED PRESS

Jordan Henderson, left, had the only goal of the match in Liverpool's victory over Swansea on Monday. PAUL ELLIS/AFP/GETTY IMAGES

MLB spring training

Lackey impressive for Cardinals in spring debut

John Lackey pitched three perfect innings in his spring training debut, outpitching David Price in the St. Louis Cardinals' 1-0 victory over the Detroit Tigers on Monday. The right-hander struck out four and needed only 37 pitches. THE ASSOCIATED PRESS

NFL

Patriots sign tight end Chandler

The New England Patriots signed free agent Scott Chandler on Monday, bolstering an already strong tight end corps.

Chandler, 29, has played in 75 games with 35 starts in his seven pro seasons. He spent the last five years with the Bills and also has been with San Diego and Dallas. THE ASSOCIATED PRESS

Scott Chandler GETTY IMAGES FILE

MLS

Expansion-hopeful Minnesota pursues its own stadium

Major League Soccer has reached a stage of "advanced discussions" with a group of investors seeking an outdoor stadium for an expansion team in Minnesota, eliminating the Vikings owners who wanted an MLS club to play in the covered NFL venue set to open next year.

MLS commissioner Don Garber made the announcement Monday. The Vikings followed with a statement, confirming the league has informed them of the plan to pursue a soccer-specific stadium in Minneapolis.

Minnesota has not been selected yet. Sacramento is the other competitor to become the league's 24th franchise. Garber said the MLS is still on track to choose its newest city in four to six weeks. THE ASSOCIATED PRESS

FA Cup

Reading ends Bradford's run

Second-tier Reading reached its first FA Cup semifinal since 1927 by beating 10-man Bradford 3-0 on Monday, ending the third-tier team's surprise run in the competition.

Reading will play titleholder Arsenal in the semifinals at Wembley Stadium.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If there is something you need to get finished, get on with it. When the Sun moves into your sign Friday there will be so many new things to focus on you won't have time.

♉ Taurus
April 21 - May 21
Don't get annoyed if people get on your nerves. The problem is you, and the closer you get to Friday's eclipse the more sensitive you will be.

♊ Gemini
May 22 - June 21
You usually manage to get what you want. The only problem is you may be so heavy-handed that even your friends will get annoyed. Think before you speak or act.

♋ Cancer
June 22 - July 23
You will have no trouble asserting yourself but with Venus, planet of harmony, moving into the friendship area of your chart why not charm your way to success?

♌ Leo
July 24 - Aug. 23
Do something dynamic over the next 24 hours. This is also a good time to take a vacation — so long as it's the kind where you are active.

♍ Virgo
Aug. 24 - Sept. 23
You will find it easier to talk to colleagues without some kind of fight breaking out now Venus is moving into a more positive area of your chart.

♎ Libra
Sept. 24 - Oct. 23
How you react to people will determine how well you do financially and career-wise over the next few months. Go out of your way to find solutions to existing problems.

♏ Scorpio
Oct. 24 - Nov. 22
Something you have been working on is no longer worth the effort, so let it go. Later this week a change of pace will be necessary. Slow down!

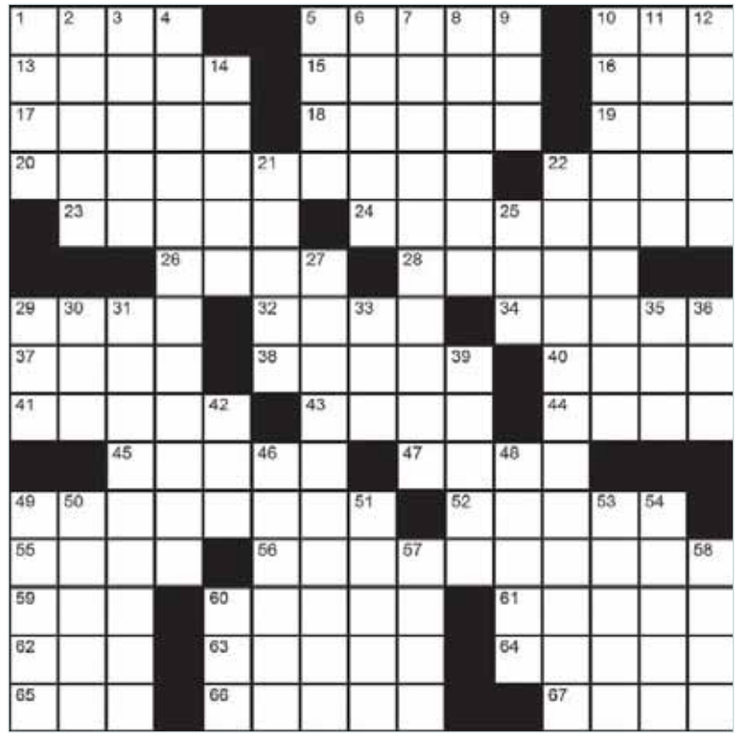
♐ Sagittarius
Nov. 23 - Dec. 21
Start something new today. When the Sun changes signs at the end of the week you will find it suddenly takes off — and your reputation will take off with it.

♑ Capricorn
Dec. 22 - Jan. 20
If someone says something that annoys you today you must let them know you are not amused. Nip it in the bud.

♒ Aquarius
Jan. 21 - Feb. 19
You have been unusually quiet of late but when the Sun changes signs on the 20th you will find your voice again.

♓ Pisces
Feb. 20 - March 20
Put financial considerations first today, especially if you are the kind of Pisces who usually does not have a clue how much is coming in and how much is going out. Cut back on now or suffer later on.

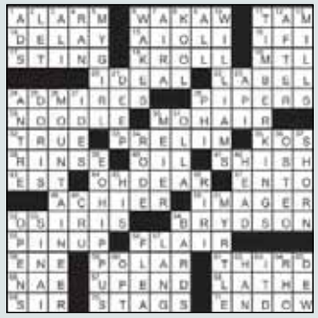
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Clutch
5. Style of dance
10. Peak of Crete, Mount __
13. Soap star Ms. Sofer's
15. It's the 'Fountain' of "Three Coins in the Fountain" (1954)
16. Fam. member
17. "Oooh, go jump in __!"
18. Encourages
19. "Monsters, __." (2001)
20. Meal preparation item: 2 wds.
22. Mount of Greece
23. Prefix to 'metre'
24. Manitoba community northwest of Winnipeg
26. Audacity
28. Respond
29. Frolic
32. Condition
34. "The __ Birds" ('80s miniseries)
37. "Bye!"
38. Keanu Reeves movie
40. Countryside creatures
41. Carpenters hit: "For __ __ Know"
43. Rock band, __ Earth
44. Miss White
45. Construe
47. Jazz singing style
49. AABBA pattern, fitting for March 17th
52. Tapestry wall-hanging
55. 'Origin' suffix
56. The __ (Traditional band of Eire)
59. __ mask (Spa offering)
60. Ms. Rimes
61. Worried
62. Prior
63. Goody-goody
64. Irritating individual
65. '75-premiering NBC show
66. Sub instrument
67. Nastassja Kinski title role

Down
1. 1. 'Tele' suffix
2. "The Beachcombers" role
3. Have __ __ to grind
4. Product by since 1897 Canadian food brand Magic: 2 wds.
5. Ticket tidbit
6. Archer's need
7. Dancer's rehearsal wear: 2 wds.
8. Slender
9. Three-toed sloths
10. New Brunswick community, a place perfect for St. Paddy!
11. Crowded
12. Rio Tinto __ (Montreal-based aluminum company)
14. Austrian actress Ms. Berger
21. Golden coatings
22. Theatrical stage area for musicians: 2 wds.
25. Consume
27. 1993 Jennifer Aniston movie with the tagline 'Your luck just ran out.'
29. Elvis record label
30. Well driller's exclamation!
31. GQ Magazine poser: 2 wds.
33. Actor Stephen
35. Speedwagon's lead-in
36. Australian state [acronym]
39. Morning drink selection
42. Eire's locale, for short
46. Roman orator
48. Conductor Mr. Rodzinski
49. Illuminators
50. "Where do _ __?" (Direction-needer's query)
51. Sorta
53. Supermarket lane
54. Daggers
57. Power [abbr.]
58. Li'l water channels
60. 33.3 rpm-ers

Yesterday's Crossword

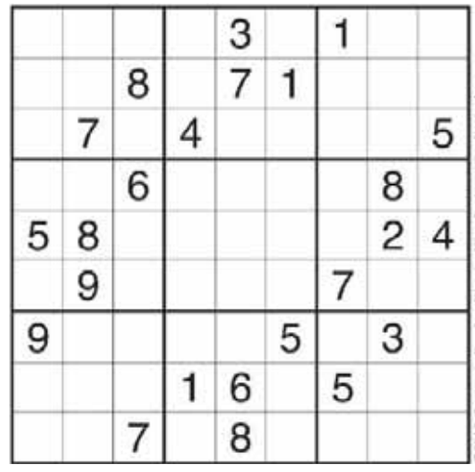


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

1	9	4	5	3	2	8	6	7
2	3	8	7	6	1	9	4	5
6	7	5	9	8	4	3	1	2
7	2	3	6	5	8	4	9	1
8	6	1	4	7	9	5	2	3
4	5	9	1	2	3	6	7	8
9	1	2	3	4	5	7	8	6
5	8	7	2	9	6	1	3	4
3	4	6	8	1	7	2	5	9

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HAPPY ST. PATRICK'S DAY!